

Domestic violence, or battering, is a pattern of abusive behaviors that some individuals use to control their intimate partners. Battering can include physical, sexual and emotional abuse, and other controlling behaviors. The following questions may help you decide whether you are being abused.

Does your partner ever:

- Hit, kick, shove or injure you?
- Use weapons/objects against you or threaten to use them?
- Force or coerce you to engage in unwanted sexual acts?
- Threaten to hurt you or others, have you deported, disclose your sexual orientation or other personal information?
- Control what you do and who you see in a way that interferes with your work, education or other personal activities?
- Steal or destroy your belongings?
- Constantly criticize you, call you names or put you down? Make you feel afraid?
- Deny your basic needs such as food, housing, clothing, or medical and physical assistance?



If you answered “yes” to any of the above, it may be time to think about your safety.



Help is Available

Many places offer 24-hour support, emergency shelter, advocacy and information about resources and safe option for you and your children. For assistance call:

National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 TTY

(assistance available in over 140 languages)

Or access your local resources:

NJ Statewide Domestic Violence Hotline
1-800-572-SAFE (7233)
(Bilingual, TTY – Accessible)

NJ Coalition for Battered Women
(609) 584-8107
TTY (609) 584-0027

**Office on the Prevention
of Violence Against Women**
(609) 292-8840
TTY (609) 777-0799

Women’s Referral Central
1-800-322-8092

This brochure is brought to you through:
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Division on Women
101 South Broad Street – PO Box 801
Trenton, NJ 08625-0801
www.nj.gov/dca/dow

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Domestic Violence...
*Putting the Pieces
Together*

Finding Safety & Support



It Can Happen to Anyone

Domestic violence is a serious problem that has been happening for centuries. In the U.S. each year, it affects millions of people, most often women.

Domestic violence can happen to anyone regardless of employment or educational level, race or ethnic background, religion, marital status, physical ability, age or sexual orientation.

It is NOT Your Fault

If you are being abused by your partner, you may feel confused, afraid, angry and/or trapped. All of these emotions are normal responses to abuse. You may also blame yourself for what is happening. But no matter what others might say, you are never responsible for your partner's abusive actions. Batterers choose to be abusive.



 **NO ONE
deserves to be
battered.**

Identifying Support

Developing a support network can be very helpful to you as you plan for safety. There are many places to turn for assistance.

Community Support.

Friends, family, women's and community groups, churches, and service providers (such as legal, health, counseling centers) can provide a variety of resources, support and assistance.

Domestic violence services.

In many communities, there are organizations that provide free and confidential help to individuals who are being battered. Information about finding/using these services is on the back of this brochure.

Legal Options

Criminal Charges.

If you or other loved ones have been physically injured, threatened, raped, harassed or stalked, you can report these crimes to the police. Criminal charges may lead to your abuse being arrested and possible imprisoned.

Restraining/Protective Orders.

Even if you don't want to press criminal charges, you can file for a civil court order that directs your partner to stay away from you. In many states, restraining/protective orders also can evict your partner from your home, grant support or child custody, or ban him/her from having weapons.

Planning for Safety

Without help, domestic violence often continues to get more severe over time. It sometimes can become deadly.

To increase your safety:

- **Tell others you trust**, such as friends, family, neighbors and co-workers, what is happening and talk about ways they might be able to help.
- **Memorize emergency numbers for the local police (such as 911)**, support persons and crisis hotlines.
- **Identify escape routes and places to go** if you need to flee from an unsafe situation quickly.
- **Talk with your children** about what they should do if a violent incident occurs or if they are afraid.
- **Put together an emergency bag** with money/checkbooks, extra car keys, medicine, and important papers such as birth certificates, social security cards, immigration documents, and medical cards. Keep it somewhere safe and accessible, such as with a trusted friend.
- **Trust your instincts** – if you think you are in immediate danger, you probably are. Get to a safe place as soon as you can.